

Overweight Women (AK 12-USDA 111)

Explain to Participant

Pregnancy:

You're enrolled in the WIC program today because your prepregnancy weight is higher than your recommended ideal body weight. Women who are overweight at the time they get pregnant have more risks for diseases like diabetes, high blood pressure, gall bladder disease, heart disease, premature births, and other complications.

Postpartum:

You're enrolled in the WIC program today because after having a baby and in between pregnancies are good times to try to reach and maintain a healthy body weight. Women who are overweight at the beginning of their next pregnancy will have more risk for gestational diabetes, pregnancy associated high blood pressure, risks of blood clot complications, pre-term births, large babies, hard labor, and other health related problems.

Goal

Pregnancy:

The goal is to help you gain the recommended weight, which is 15-25 pounds, during this pregnancy.

Postpartum:

The goal is to help you reach a healthy weight, by making good food choices of high nutritional quality, avoiding extra calorie rich foods and doing moderate physical activity and exercise.

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.

Explain the nutrition education material suggested.

Eat a variety of foods from all the food groups every day.

Choose fruits, vegetables, whole grains and low fat dairy foods.

Eat foods high in folic acid and take prenatal vitamins every day.

Ask your health care provider about regular exercise.

Avoid eating too much candy, cookies, juice, soda, and concentrated sweets.

Drink 8 glasses of water every day.

Pregnancy:

See your doctor regularly to monitor your pregnancy and baby's growth.

Explain the recommended weight gain during pregnancy and the nutrition education material suggested.

Postpartum:

Breastfeed your baby for as long as you can.

Nutrition Education
Material Suggested:

Pregnancy: Foundation for Fitness...for Your Special Delivery (Available in Spanish)

Postpartum: Food Guide Pyramid

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Explain Applicable WIC Foods

WIC Foods

Nutrients Provided

Milk

Calcium, Vitamin A, Protein

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Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Pregnancy: Eating for Two-Nutrition During Pregnancy (Available in Spanish)
Postpartum: What Moms Say About Breastfeeding